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VOLUME 30, NUMBER 90

WEDNESDAY, NOVEMBER 10, 1999

FIFTY CENTS

Courthouse mourns loss

Lawrence Keshner was the county's first active judge to die since 1968

By Dennis Grubaugh
Staff writer

Gloom pervaded the Madison County Courthouse on Monday as reaction continued to the sudden death of Circuit Judge J. Lawrence Keshner.

Black bunting was draped over the entrance to Room 227, where Keshner has presided the last several years. Candles, photos and memorabilia were placed on a table blocking the entrance to the courtroom, which will be closed this week in his memory, Chief Judge Andy Matosian said.

Keshner is the first sit-

"He was easily the most loved person in this building."

Rod Taylor
Bailliff

ting circuit judge to die in Madison County since Austin Lewis of Madison in 1968. He died Saturday of what was thought to be a cerebral aneurysm. He became ill at his Godfrey home earlier that day and was taken to St. Louis University Hospital, where he was pro-

See JUDGE, Page 3A



Tim Stephenson photo

Volunteers placed flags at the gravestones of veterans.

Volunteers prepare for Vets day

Flags set out Saturday morning

By Scott Cousins
Staff writer

Volunteers spent part of their weekend making sure veterans buried at St. John's Cemetery in Granite City are not forgotten. At 1 p.m. Thursday, many of those same volunteers will gather at the Greater Granite City Area War Memorial Park to honor and remember veterans.

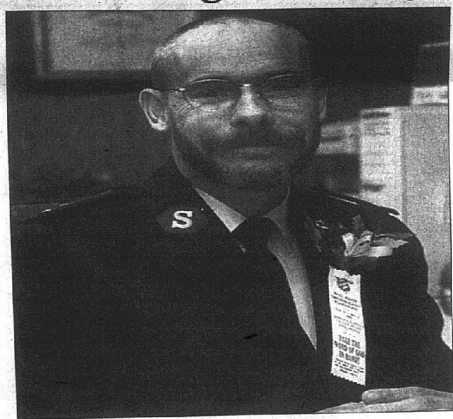
Veterans Day, set aside to

honor those who fought and served in the military, will be observed throughout the area this week. For some, that observation began Saturday morning when they went out and placed small American flags at the gravestones of veterans at the cemetery.

Volunteers included local members of the American Legion, Veterans of Foreign Wars, Disabled American Veterans and AMVETS. Those same groups will

See VETERAN'S, Page 3B

Stillwell gets ready for season



Tim Stephenson photo

Benjamin Stillwell, Madison County's Salvation Army director.

Director prepares for Christmas rush

By Scott Cousins
Staff writer

With the Christmas rush about to begin, Capt. Benjamin Stillwell is trying to get acquainted with everything at the

GRANITE CITY
Army of Southwestern Madison County.

Since July, Stillwell and his wife, Beth, who are both commissioned/ordained officers in the Salvation Army, have been working at the Granite City corps center. Salvation Army of Madison County serves the Tri-Cities, Collinsville, Edwardsville and Highland areas.

In Madison County, Stillwell said their priority is being pastors. He also said the Granite City area has a "rich history and tradition" of sending people to full-time ministry with the Salvation Army.

See STILLWELL, Page 7A

Illinois Power disputes suit

Claims plant is compliant with environmental laws

By Christopher England
Staff writer

Illinois Power officials are disputing a lawsuit filed by the Justice Department on behalf of the Environmental Protection Agency. The suit, filed last week, claims the electric utility company's power plant ille-

gally released massive amounts of air pollutants for years.

The suit, which coincides with one filed against seven other utility companies, also states that Illinois Power and the other companies contributed to some of the most severe environmental problems facing the United States today.

The separate suits allege that the electric utility com-

panies or their subsidiaries violated the Clean Air Act by making major modifications to many of their plants without installing the equipment to control smog, acid rain and soot.

The company denies those allegations.

In response, Illinois Power officials said USEPA enforcement actions pertain-

See SUIT, Page 8B

Serving on a school board has its ups, downs

Being a school board member isn't always easy. Just ask members of the

THE BIG PICTURE
Venice School Board, who recently launched a search for a new superintendent after they terminated a three-year contract with their previous superintendent in July.

The termination followed

increasing turmoil within the district including finding that more than one-third of its students were nonresidents and that it might have to pay back about \$1.1 million in state aid. Departing superintendent James Doughy also faced large numbers of grievances filed by faculty and community opposition.

But it can be a good thing to be a school board mem-

ber if your district is in line for a state grant. That was the case for the Madison School District which recently learned it is in line for \$200,000 to fund a weekend enrichment program targeting sixth- and seventh graders.

Today's Big Picture take a look at the hassles - and the rewards - of serving on a local school board. See Page 4A.

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Granite City Journal

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Middle school students get a glimpse of their futures

By Michael Heil
Staff writer

Eighth grade students from Grigsby and Coolidge middle schools got a little glimpse into their future last week as they participated in a career day at Coolidge Middle School. The event was made possible through Education to Career Grants. "We feel it was a great success," said Cindy Gagich, assistant principal of Granite City High School and ETC grant coordinator. "The students asked good questions and were inquisitive about the information presented." About 600 students spend the day visiting 34 booths set up by area businesses promoting job careers. They also attended workshops and seminars, whose guest speakers included Mike Sparks, communications officer for the Granite City Police Department; Bob Maxwell, human resource director for Granite City Steel; and Ron Payton, director of human resources at St. Elizabeth Medical Center.

The seminars and workshops were wonderful learning experiences for the students," Gagich said. "They learned what employers look for in their employees, the

"The seminars and workshops were wonderful learning experiences for the students."

Cindy Gagich
Assistant principal, Granite City High School

importance of education in the job market and the dedication it takes to become successful in a particular field."

Career day, according to Gagich, also taught students the importance of volunteering their services to the community, which she said was emphasized in the statements made by the guest



Tim Stephenson photo

Jessica Fernandez, an 8th grader at Grigsby Middle School, looks over some information at the dental assistant booth during career day last Thursday.

speakers. "Our students now realize that it is important to help the community in a variety of ways because those efforts build character and commitment," Gagich said. "These were attributes they

were told employers look for." Career day was the first time such an event was held for middle school students. Each year, a career day is held for students at the high school.

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Be safe with your fireplace

Fire chief says to always use a screen, dispose of ashes properly

By Jennifer Saxton
Staff writer

As temperatures fall on the thermometer, people are

thinking about firing up their furnaces and lighting up fireplaces.

Fire officers have a few tips to keep families safe during the winter. Along with fire officers, heating and air-conditioning technicians also offer suggestions before turning on the furnace.

Assistant Fire Chief Chris Jamruc said before lighting a fire in the fireplace, someone should clean the chimney to make sure it is clear of blockage.

Jamruc said when there is a fire, there should always be a screen in front of the fire and the ashes should be placed in a metal bucket outside and away from the house.

"They should be away from the house and not on a deck or in a garage," Jamruc said. "Many times the ashes are not completely extinguished."

Space heaters can also be dangerous if they are not properly placed in the house. Jamruc said when consumers are buying a space heater, it should have a tip over shut-off switch in case

of accidents. Heaters should never be put near flammable or combustible items, such as draperies or bedding.

"We try to let people know these safety tips before the season really begins," Jamruc said.

As for furnaces, Dennis Shea of DAS Heating & Cooling, Refrigeration, said residents should make sure their furnace's flue pipe is still there and rust holes don't exist.

Shea said the most impor-

tant reason to have furnaces checked is the danger of carbon monoxide.

"It's best to have to them cleaned and serviced because then everything has been checked," Shea said. "Cleaning it should definitely be on someone's check list before the winter."

If a resident owns an older furnace, Hal Halbrook, owner of Acute Heating & Air-Conditioning, said they should definitely own a carbon monoxide detector.

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News

Volunteers prepare for Veterans Day

Continued from Page 1A

gathering again Thursday. The posts gather at the site twice each year - Memorial Day and Veterans Day - for a ceremony.

Jim Taylor, a retired 30-year Navy man and senior vice commander for the American Legion's 22nd District in Illinois said he hoped to see a lot of people out.

"We're hoping for a lot," he said. "We had a good

response on Memorial Day." Taylor said it is important for people to remember the sacrifices veterans have and continue to make.

"I want to make sure the memories of the veterans are not forgotten," he said. "Whether they served two years or 20, without the veterans, we wouldn't have a country."

Following the service, members of AMVETS Post 51 and its auxiliary will lay a wreath at the War Memorial at Granite City Hall.

For information, contact Taylor at 931-4505.

A separate service honoring veterans will be at 12:30 p.m. Wednesday at Belleville Area College's Granite City Campus. The Collinsville Veterans of Foreign Wars post will provide a POW/MIA flag and color guard for the outdoor ceremony.

For more information, call BAC at 931-0600, extension 6613.

Courthouse mourns judge

Continued from Page 1A

nounced dead at 6:46 p.m. The courthouse will be closed on Wednesday until 1 p.m. so that court personnel can attend the 10 a.m. funeral at St. Ambrose Catholic Church in Godfrey, Matosian said.

The process of finding a replacement for the 61-year-old Keshner won't begin until after this week's memorial services, Illinois Supreme Court Justice Moses Harrison said Monday.

The state court will appoint a temporary replacement, but is under no specific timetable to do so, preferring instead to take the time to find the right candidate, he said.

"I expect we'll act fairly quickly though," Harrison said. "Madison County is a busy court as you know."

Because Harrison represents the 5th Appellate District, which includes Madison County, he can make a recommendation to the court on a replacement. There is no application process, but any interested

attorney can forward a letter for consideration by the court.

The judge appointed by the State Supreme Court would serve until December 2000 when a candidate elected by the people of the circuit is sworn in. The vacancy is expected to be on the ballot for the March primary election.

Circuit judges must run for office every six years for retention. Keshner was not due for election for another two years. Whoever is elected next year would be elected for the completion of that term.

The esteem with which Keshner was held was evident Monday, a typically busy day at the courthouse.

"He was easily the most loved person in this building," said his longtime bailiff, Rod Taylor, who had the daunting task of sorting out public records from private papers in the judge's office.

Taylor had tears in his eyes as he recalled the judge's last comments to him. Taylor had spent the previous week off with a bad back.

"He called me twice at home and talked to my wife once (at work) to see how I was doing. He said, 'Rod, I love you. I want you back, but your health comes first.'"

Many of the judge's decisions reflected that kind of compassion, Taylor said. Former State's Attorney and now Circuit Judge Nicholas G. Byron said Keshner's supervisor for several years when Keshner was assistant state's attorney.

"I am deeply saddened by the loss of a very good and special friend with whom I have been associated for 28 years, especially in civic service," Byron said. "Our community and state have lost not only a top judge, but a very special judge."

Keshner became a judge in 1979. In recent years he has handled a full criminal caseload, but had been advised by doctors to slow down because of ongoing heart and health problems. Associate Judge James Hackett will inherit the criminal caseload carried by Keshner, Matosian said.

Keshner was known throughout the state. Herbert Franks, president-elect of the Illinois State Bar Association and a close friend of Keshner's, drove from his home in Markono in McHenry County to be with the family on Monday, a bar associate said.

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The Big Picture

School board elections on new schedule

Members taking office this month instead of taking to campaign trail

By Nicole Vaughn
Staff writer

A state House bill passed in 1997 means that instead of competing for school board seats this month, new members were claiming theirs.

HB 652 moved school board elections from November in odd-numbered years to April to coincide with an already scheduled consolidated general election. School boards all over the state began swearing in new members this week - members who were elected in April.

Madison County Clerk Mark Von Nida said April's election did not have as dramatic an impact on his staff as he had first anticipated, but it did mean some extra work.

By adding in with everybody else, it means creating more ballots because it creates a number of ballot configurations," Von Nida said.

For example, two residents who live in the same precinct may be served by different school districts. If the school election had not been part of the April election, those two residents could have used the same ballot. Instead, they each had a separate ballot so they could vote within their respective school districts, Von Nida said. The creation of such additional ballots is known as a "split." Von Nida said that the April election had twice as many splits as the average spring vote.

It made for a complicated election," Von Nida said.

Von Nida said there will be a few more complications during the April 2001 election as the seats of the second half of school board members go up for grabs although their terms won't expire until November of that year.

"After we get past the overlap, they'll all expire in April and it will be great," Von Nida said.

"Until then, there might be at least a little confusion."

Illinois contains different types of school districts including community unit, elementary, high school, consolidated and charter. With few exceptions, school boards consist of seven members who serve four-year terms. Terms are staggered so there are three or four seats contested at each biennial election. Vacancies caused by death or resignation are filled by appointment by the remaining board members until the next election.

The lack of a second election did save the county some money, Von Nida said.

"Even with the extra ballots, I guess when it's all said and done, we saved money," he said.

"That was because we didn't have to pay judges for a second election."

In the long run, however, it could cost schools districts in other ways.

"Not having a November election means some of these local districts don't have an opportunity to put a referendum on," Von Nida said. "That could put a squeeze on them, having to wait almost a

year to put (an issue on the ballot.)"

That could have been a problem for the Triad School District, which managed to secure a \$21.5-million bond issue during the November 1997 election; that bond issue resulted in the construction of a new Triad High School. The school opened at the beginning of this school year and was officially dedicated last month. It replaced its 40-year-old predecessor, a building that now houses the district's middle school.

A second piece of legislation, House Bill 2614, passed in July, it was a "clean-up" measure to HB 652, clarifying when school board members were to be sworn in as well as the length of their terms and the terms of those members who will be elected in 2001.

The legislation explained that members elected during 1999 and 2001 would serve terms of less than four years.

One member affected by the change is Susan Burroughs, a candidate elected in April. After a decade away, Burroughs returned to the Collinsville Unit to Board of Education on Monday night.

She said she has mixed emotions about the legislation.

"It made sense to move the school board election because it was a terrible waste of money to have the polls open and to pay election judges just for that election," Burroughs said. "They should have just changed both things at the same time, though."

Burroughs, who served on the school board from 1981 to 1989, is anxious to return. Having spent six years as its president, she carried on a family tradition of school board presidents that included her great-grandfather, grandfather and older brother.

The election is among the many challenges Burroughs said she sees school officials encountering.

Disciplinary issues, building needs and finances are others.

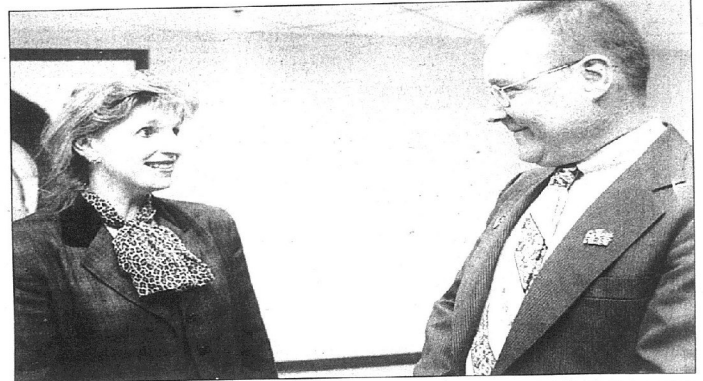
Even those have under gone changes since she last served, she said. One of the foremost issues is discipline.

"It seemed we had more a zero tolerance and expulsion policy then," Burroughs said of her previous board term.

"We once expelled a kid for tossing a cup of soda into a teacher's face."

Burroughs said multiple expulsions led to the creation of an alternative school. But that only solves some of the problem, she said.

"At what point do you expel? That's a really big question mark for me," Burroughs said. "When it's the sixth grader with the aspirin (violating the district's anti-drug policy), that's a little extreme. If it's a kid with a four-inch blade on a knife that gets into a different area."



Tim Stephenson photo
Madison School Board member Harry Peterson talks to Dr. Raelyn Parks, principal of Madison Middle School.

Financial problems easing up for some districts in area

By Nicole Vaughn
Staff writer

During the late 1980s and early 1990s many area school districts felt the pinch of financial trouble.

If they didn't make the state's Financial Watch List, several districts at least flirted with a stint on it. According to the Illinois State Board of Education, more than 45 percent of the state's 915 school districts have been on a watch list at least once.

In the past decade, districts have struggled with increased operating costs and reduced state aid. Members on dozens of school boards had to make difficult choices regarding faculty, staff and programs.

The Triad School Board, who serve Troy, St. Jacob and Marine, was among them.

"We were very much in debt, facing curriculum cuts and dealing with extremely crowded conditions," said Triad Board President Byron Heape, who has served on the board for 10 years.

The district stayed on the list for three years as it wrangled its way out of a \$1.25-million education fund deficit.

To stay off the list then, a district's revenues must have been at least 5 percent above its expenses. The state has since modified that criteria.

By 1993, the district had whittled down its deficit to \$190,000. Unused contingency and state aid payments wiped the state clean. Fiscal responsibility, an increased equalized assessed valuation (EAV) and frugal state funding kept it that way.

Four years later, the district asked its voters for \$21.5 million in bonds - and got it.

In August, the doors of a brand new Triad High School opened. The new building allowed the district to finally have more than enough space for its continuously growing enrollment.

"We have a first quality building for first quality teachers to give a first quality education to first quality students," Heape said.

Reduced expenses, increased local tax support and some state funding increases have improved the financial picture of many districts dramatically.

Only nine school districts statewide were on the 1999 watch list - a 43 percent drop from 1999.

Signal Hill School District 181 in Belleville was the only local school district on the list. The Livingston Consolidated Community School District in Madison County was certified as "in financial difficulty." Three other districts - Belleville School District 118, Lebanon Community Unit School District 9 and Millsted Consolidated Community School District 160 - were removed from the list this year.

The state, long criticized for its underfunding of education, has loosened its purse strings consider-

ably. One of its biggest strides has been through construction grants which have allowed many districts to renovate or replace their lesser buildings.

A recent beneficiary was Belleville High School District 201. On Thursday, the state awarded the district more than \$24.8 million. The money will be used to offset \$11.5 million in upgrades and additions to the East campus and \$22 million for the building of a new West campus.

East will receive part of the grant for drainage problems, construction of three new buildings, which includes a 700-seat auditorium, a new addition to the current science building, and a new gymnasium annex, a handicap accessible elevator, a new fire alarm system and a new intercom system.

But the state doesn't just hand over the money. Districts have to provide their share. District 201 did that with a \$46-million bond issue approved by voters in November 1998. The school is still in the process of due diligence testing which is required before construction begins.

"This is an exciting time for us and it should be an exciting time for the Metro East," said Gary Hemmer, a long-term District 201 board member. "Our biggest challenge now is in the overall layout and design of the new building."

Hemmer said harmony on the board and strong public support are keeping the project on track. He said he doesn't feel there will be a major disruption in the changes occurring in the board due to the election held in April. The board is losing an incumbent and gaining a new member, Kurt Schroeder.

"He can't vote but he can listen and be active in the process," Hemmer said of Schroeder who will take a seat on the board this week.

Hemmer noted that the board will see another round of changes in the April 2001 election before the new school is even completed.

"Our building program will take another three years and there's another election between now and then, so we could change again before these schools are finished," Hemmer said.

Hemmer said it is easy for boards to lose sight of the most important of their roles, particularly when they are dealing with a major project such as a new building. He doesn't, however, feel that has been the case with his own board.

"The key is to continue to provide quality education for the students, maintain fiscal responsibility and get some state dollars into the district," Hemmer said.

By supporting the school system, Hemmer said communities ensure their own futures.

"There's a lot of construction going on in the state, especially in our region," Hemmer said. "That creates the potential for economic growth and development in our area."



Tim Stephenson photo
Members of the Venice School Board gather for a recent meeting.

Few requirements for job of 'awesome responsibility'

By Nicole Vaughn
Staff writer

They can be doctors, lawyers, merchants or chiefs. Or, as many area school board representatives are, they can be nurses, steelworkers and bank executives, too. Considering the scope of the work these unpaid board members face, the requirements to serve are fairly lax.

School board candidates in Illinois must be at least 18, a U.S. citizen and have lived in the school district for at least one year before seeking election. They must be a registered voter and cannot be a school trustee or school treasurer.

That's it.

Beyond that, candidates have to collect signatures on nominating petitions, file a few other forms and whom? They get their names onto an election ballot. The procedure is a relatively simple one considering that, if elected, the member becomes one-seventh of a body that can be responsible for a multi-million dollar budget, thousands of students and hundreds of employees.

"It's an awesome responsibility," said Paul Welch, a former president of the Collinsville Unit 10 School Board, who served for more than 16 years after bowing out two years ago. "You have untrained, presumably talented,

elected individuals who have to be able to discuss in a public forum a magnitude of issues they're confronted with."

Welch said conferences, such as those sponsored by the Illinois Association of School Boards and the Illinois State Board of Education, offer some assistance to new board members.

The IASB even has its own web site at www.iasb.com to help out "rookie" members.

What do school board members need to know? According to the Illinois Association of School Boards, potential candidates should arm themselves with knowledge of the following issues.

• Purpose (what are the schools trying to accomplish?)

• Organization (who does what?)

• Finance (income and expenses)

• Government (state laws and regulations and local school board policies)



Paul Welch

• Board procedures (how is business conducted?)

• The board member also must understand the proper relationship of the school board to the state, the community, the superintendent and the proper relationship of the individual board member to fellow board members.

Welch agreed.

"You always wish every board member would take on the position knowing he's doing it as a service to the students and the community," Welch said. "You would hope they would not get on a board to cure one problem."

Welch, an attorney, said a certain amount of background can be helpful when tackling some of the district's tougher issues like finances. But even textbook knowledge can't adequately prepare a board member for some of the challenges they will face.

"The only time you really understand a school district budget well is when the money starts reducing," Welch said. "When you hire a teacher, you create a position. But he or she knows a position, you're firing a person and that's hard to do."

"You have untrained, presumably talented, elected individuals who have to be able to discuss in a public forum a magnitude of issues they're confronted with."

Paul Welch

Former school board president

News

Negative peer pressure runs rampant in schools

A West County edition of the Suburban Journal recently reported the results of a survey of almost 900 hundred middle

News comes as no surprise

and high school students in the Parkway School District. At least one result should concern us all: only one third of respondents said they can resist negative peer pressure. This report is disturbing because it suggests the majority of youngsters cannot say "no" when confronted by peer pressure, despite the dangers inherent in their actions. This alarming news comes as no surprise to some of us. Counselors who work closely with students have long been

aware of the allure of dangerous activities and the destructive influence peers can have. Unfortunately, there are far too few counselors compared to the number of students, and parents often are unaware of just how powerful peer culture can be.

If anything, the survey may underestimate the problem. Many of those who said they can resist peer pressure probably are in denial about the negative impact peers actually have on them. These students want to see themselves as being stronger than they actually are.

Many well-intended parents don't understand the incredible power of peer pressure. They recognize its existence in an abstract sense, but vastly underestimate its impact on their own children.

The survey, conducted by Parkway Community 2000, also quantifies the lack of influence parents and constructive adults have over the children surveyed. Only a fourth of the students surveyed believe their parents are involved in their life at school or satisfactory adult role models are present in their lives. This frightening detachment

from healthy adult influences certainly is not what any parent or teacher wants to accept - yet it is what these children are saying.

esteem, find themselves bereft of adult involvement and are admittedly influenced by negative peer pressure.

So when it comes to making decisions about partying, drinking and driving, sexual involvement, stealing, cheating or other any other questionable situation, who really calls the shots: a toxic peer group or healthy adults?

According to these children, it's the peer group.

The survey, conducted by Parkway Community 2000, also quantifies the lack of influence parents and constructive adults have over the children surveyed.

It would be comforting if we could conclude that the results were a statistical fluke, an aberration, an exaggeration caused by the ways questions were posed or somehow unique to Parkway students.

However, my reading of the report and 30 years of experience convince me that this is an accurate, perhaps understated, picture of what life actually is like for preteens and teens.

Responsible adults face the daunting challenge of deciding how to respond. This issue will be addressed in future "Family Matters" columns. Dennis O'Brien is a licensed clinical social worker, experienced educator and therapist, and executive director of Zink the Zebra Foundation of St. Louis, an organization serving medically fragile children.



Dennis O'Brien
FAMILY MATTERS

more involved when their children are younger, the figures cited in the survey are worse for high school students, who face increased dangers.

Another disturbing aspect of the survey is that only half of the respondents believe they have adequately high self-esteem. In addition, many of those who do claim to have high self-esteem said they aren't strong enough to resist negative peer pressure.

This report shows many suburban children have failing self-

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Obituaries

Thomas Ditrich

THOMAS G. "SOUP BONE" DITRICH, 62, of Alhambra, died at 11:05 p.m. Tuesday, Nov. 2, 1999, at his residence.

He was born Sept. 22, 1937, in Madison, Mr. Ditrich owned and operated the Pioneer Market in Granite City.

He is survived by a two daughters, Amy Ditrich of Alhambra, and Beth Goss of Jacksonville; two sisters, Maryann Slocka of Granite City, and Pat Murnitt of Granite City; and two grandchildren, Brandon Heim and Allison Goss, both of Jacksonville.

He was preceded in death by his wife, Shirley M. (Lowell) Ditrich, whom he married on July 1, 1964; his parents, Charles and Susie (Tarasovich) Ditrich; a son, Brian R. Hultbrook; and a brother, Charles Ditrich.

Funeral services were Friday at St. Gertrude Catholic Church in Grantfork. Burial was in Sunset Hill Memorial Estates in Edwardsville.

Dauerman, Mortuary in Alhambra handled the arrangements. Memorials may be made to the American Heart Association, American Diabetes Association, Routh Catholic High School in Jacksonville, or St. Gertrude's Catholic Church.

Marieann Hay Hankla

MARIEANN (WARGO) HAY HANKLA, 64, of Granite City, died Thursday, Nov. 4, 1999, in Copenhagen, Denmark.

Mrs. Hankla was born Sept. 10, 1935, in Benla. She had been a speech therapist in the Venice "Seaside" District for 38 years. She was a member of the Delta Kappa Gamma Society (Beta Eta Chapter), Travelers' Club, board of directors at the Norfolk and Western Credit Union, was president of the Venice IFT for 14 years and was a president of the Madison County Illinois Retired Teachers Association.

She married Gordon Hankla on Feb. 14, 1961, in the U.S. Other survivors include two daughters, Julie Wentz of St. Louis, and Laura Wiesen of Monmouth; three grandchildren, Gordon Hankla Jr. and Jefferson Hankla, both of Caryville, and Susan Currey of Victoria, Texas; a brother, John Wargo, of Springfield, and five grandchildren.

She was preceded in death by her first husband, Henry Hay, in April 1972, whom she married in May 1960, and her parents, John and Mary (Bonavici) Wargo.

There is no visitation. Services are at 2 p.m. Saturday at Irwin Chapel in Granite City with the Rev. Bill Warner officiating. Burial will be in Jefferson Barracks National Cemetery in St. Louis County.

Memorials to the Delta Kappa Gamma Scholarship Fund-Beta Eta Chapter are suggested.

Lula Lacey

REV. LULA LACEY, 83, of Granite City, died Saturday, Nov. 6, 1999, at Sunbridge Nursing Home.

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She was born Dec. 31, 1915, in North Dakota.

She is survived by three daughters, Janice Huddleston of Granite City, Carol Smith of South Carolina, and Beverly McDowell of Washington; four brothers, Walter and Raymond Tyson, both of Wisconsin, and Len and Ralph Tyson of Washington; three sisters, Vergie Hilderbrandt of Washington, Bertha Henderson of Wisconsin, and Violet Tyson of California; 13 grandchildren; 26 great-grandchildren and one great-grandchild.

She was preceded in death by her husband, Paul Lacey, her parents, Austin and Mary (Acres) Tyson, and four brothers.

Funeral services were Tuesday at Werner-Mick Funeral Home in Granite City with the Rev. Henry Crippen officiating. Burial was in Sunset Hill Memorial Estates in Edwardsville.

Memorials to the family are suggested.

Nicholas Lombardi

NICHOLAS A. LOMBARDI, 80, of Granite City, died at 4:19 p.m. Sunday, Nov. 7, 1999, at St. Elizabeth Medical Center.

Mr. Lombardi was born March 17, 1919, in Granite City. A member of St. Elizabeth Catholic Church, he had worked as a meat cutter for Clonks Market in Granite City.

He married the former Marie "Sis" Gregg on April 29, 1942; she survives.

Other survivors include a daughter, Gladys Greenwald of Chesterfield, Mo.; two sisters, Ann McElhenny of Edwardsville, and Emilia Chomicki of Granite City; a brother, A. "Yack" Lombardi of Granite City; and two grandchildren, Brian and Katherine Greenwald, both of Chesterfield.

He was preceded in death by his parents, Louis and Mary Louise (Belto) Lombardi, and two brothers, Michael and Adolph Lombardi.

Services are at 10 a.m. today, Wednesday, at St. Elizabeth Catholic Church with the Rev. Francis Tobolski officiating. Burial will be in Calvary Cemetery, Glen Carbon. Irwin Chapel of Granite City handled arrangements.

Memorials to the church or to the American Heart Association are suggested.

Lester Segar

LESTER SEGAR, 85, of Cape Girardeau, Mo., formerly of Granite City, died Monday, Nov. 1, 1999, at the Missouri Veterans Home in Cape Girardeau, Mo.

He worked for many years at General Steel in Granite City, and was retired from Ashland Oil. He was a veteran of World War II.

He is survived by nieces, nephews and cousins.

He was preceded in death by his parents, Ferdinand and Minnie Segar, four brothers and one sister.

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Pauline Smith

PAULINE B. (DUFFIN) SMITH, 101, of Glen Carbon, formerly of Granite City, died at 4:40 p.m. Tuesday, Nov. 2, 1999, at Eden Village Care Center in Glen Carbon.

She was born Dec. 27, 1897, in Brinktown, Mo. Mrs. Smith was a member of Holy Family Catholic Church in Granite City, American Legion Auxiliary, St. Ann's Sodality at St. Mary's Church and Holy Family Prayer Line.

She is survived by her children, Chester Smith of Denver, Elmer F. Smith of Staunton, Paul Smith of Los Angeles, Leonora Akers of Bloomington, Minn., Cecelia Owens of Denver, and Gertrude Petty of

Granite City, 24 grandchildren, 44 great-grandchildren and two great-great-grandchildren.

She was preceded in death by her husband, Elmer H. Smith, whom she married on May 5, 1916; her parents, Francis D. and Theresa A. (Viessmann) Duffin; five brothers, Joseph, Frank, Hugh, Fred and Al Duffin; four sisters, Theresa Duffin, Rose Pascal, Agnes McCleery and Marie Anvender, and a grandson, Patrick Smith.

Services were at Holy Family Catholic Church with the Rev. William Fishparker officiating. Burial was in Dixon Cemetery in Dixon, Mo.

Memorials may be made to Holy Family Catholic School or Church.

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What sets one Christmas tree apart from all the rest? Why do the trees on display in stores look so great? If yours doesn't quite measure up to those standards, you're probably wondering why.

There's more to decorating a tree than meets the eye. "Anybody can do it," is a common phrase. Doing it right is another matter. We have some tips from the pros on how to create a masterpiece.

Lights

First, run an extension cord from the wall outlet to the trunk of the tree. Assuming you've already tested your lights, plug the first string in and take it to the top of the tree. That's not a typographical error; top is correct, not the bottom. The proper method of tree lighting is from the top down.

Wrap the cord around each branch as you work your way down and around the tree. Hide the light cords as much as possible by nestling them in the needles. Try to avoid lights hanging in mid-air between branches.

For a more uniform look, count the number of lights and place the same number of them on each branch.

Plug the next set in and continue from the inside of the tree branch to the outside, then back in again. Make sure the end of the extension cord remains near the trunk of the tree. It's ugly and you definitely don't want it showing.

Here's something the pros always pay attention to and so should you. Never string more than the recommended number of light strings together on one cord. Instructions are on the boxes of light sets. If

you're in doubt, it's best to play it safe and keep it to an absolute minimum.

When you're finished, stand back and admire. It's easy to adjust the lights if there are gaps or too many lights close together.

Garland

Hanging garland is the opposite of lights. You start at the bottom and work your way up. Twist the garland around the branch tips or wire it to keep it in place. Swag gracefully from branch to branch. Continue around until you reach your starting point, then cut the garland. Cut it? Absolutely. A common mistake is a continuous string of garland on a tree, creating a barber pole effect. Cut each row and it'll look a lot neater.

If you have some tinsel garland left over, place it deep inside the tree. This will reflect many of the lights and brings a special glow to the tree from the inside out.

Tinsel icicles

These can make or break a tree. Haphazard placing of icicles can ruin an otherwise brilliantly-decorated tree. They must hang freely from their branches without drooping over other branches, light cords or ornaments. It'll take a little more time, but you'll definitely be pleased with the results.

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News

Stillwell gets ready for Christmas season

Continued from Page 1A

While mostly known for social service work and their Christmas kettle drives, the Salvation Army is a church. "We don't have a large congregation, only 50 or 60, but there is a wonderful group of young people," he said. "We apparently relate a

little bit to young people. I've gone to a de Palk concert with the kids, and I enjoyed the one ballad that they did."

Stillwell said he and his wife met while doing a musical drama at a retreat. They have three children, 13, 15 and 17.

Both were commissioned and ordained in the

Salvation Army in June 1984. Since then, they have served mostly in integrated inner-city areas of the Midwest. Most recently, they spent three years in St. Louis.

He originally became acquainted with the Salvation Army through his grandmother.

"My parents died when I was very young and I got to live with various and sundry relatives," he said. "When I was a senior in high school, the relatives that were taking care of us at that time decided they didn't want us anymore, and my grandmother and grandfather took us."

"She had 12 children and her first husband had died,"

he said. "She was forced to be a cleaning woman and doing laundry, and she was living in a barn on the edge of Bloomington-Normal."

"On Christmas Eve a Salvation Army officer came and gave her a toy for every child, food, and invited her to church," he said.

When he became a Christian, and felt called to the ministry, he said his grandmother's testimony was a major impact.

"I knew that the Salvation Army had a practical ministry," he said. "Knowing the practical aspects of the army, I felt called to the ministry, and felt that the Lord wanted me to be in the Salvation Army."

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Illinois Power disputes EPA suit

Continued from Page 1A

ing to an Illinois Power station are without merit on both regulatory and legal grounds.

"We operate our electric generating plants in compliance with all federal and state environmental laws," said Illinois Power Senior Vice President Alec G. Dreyer.

"In addition, we are investing hundreds of millions of dollars in pollution control equipment that will reduce Baldwin's (a Missouri power plant) sulfur dioxide emissions by 90 percent and nitrogen oxide emissions by nearly two-thirds."

Maintenance activities at the Illinois Power plant in Baldwin currently do not meet the "modification" standard cited in the environmental violation notice issued last week by the USEPA.

Dreyer said that all of the actions in question at Baldwin involved the replacement of identical or nearly identical parts as part of routine maintenance procedures for ensuring safe and reliable generation of energy at the plant.

"We've been meeting our environmental responsibilities," Dreyer said. "Actions referenced in the USEPA's notice that we've taken at our plants have been for ongoing maintenance and have been aimed at keeping those plants available to meet customer electric demands."

In addition to the lawsuits and administrative order filed last week, the EPA issued notices of violations to the utilities, naming an additional eight plants in the Midwest where the agency maintains similar violations occurred.

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Sports

DORPS Cardinals Team of the Week

First-place finish

The 86 Lady Elks soccer team placed first in the Joplin Fall Fest, winning four games and allowing no goals. The Lady Elks scored 19 goals en route to the championship. Pictured above are: Jessica Palatte, Alicia Bookin, Michelle Brodeur, Jamie Davis, Rachael Wilbur, Laura Kuehnle, Ashley Selph, Amy Million, Lori Horan, Kim Roady, Ashlee Ritchee, Ashley Roberts, Jennifer Janek, Robyn Baker, Rachel Sharp, Brittany Fuzessory and coaches Steve Million and Dan Ritchie.



Brunner gets top honors

Continued from Page B1

"I was really happy with my season, although I was a little disappointed with my placing at state," Brunner said. "I thought I could get top four at least."

"In the last game against Nolan, I was 5-3 and 40-15 and I fought back to deuce. We had at least five deuce points going back and forth. It was a good match for me to end on. I felt I played really well."

Brunner's work ethic seemed to rub off on her teammates. "We had a fun time and everybody had a good attitude," Brunner said. "My best friend is Chrissy Daco and we got to play doubles together sometimes this year."

Last summer, Brunner worked on her tennis game while spending two months with her cousin in Boca Raton, Fla. "My mental game improved a lot while I was in Florida," said Brunner, who trained with coach Bruno Puzzi. "I played twice a week at (Chris) Evert's Tennis Academy."

"I didn't know if I was improving while I was there. I lost a lot of matches and the competition was pretty good. But when I came back here I was better and more consistent. "Being undefeated in the area this year meant a lot to me because I lost two or three times last year to Lauren Currey. One of my goals was to beat her, but I had always felt a lot of pressure because of the East-West rivalry. I just played smarter against her and tried to keep the ball in play. I tried to hit it really hard against her, she'll just smack it right back."

Brunner hopes to play tennis in college. "I'm going to visit Eastern Illinois and I got a letter from the coach at Western Illinois," said Brunner, who is undecided on a major. "I've also heard from the coaches at Quincy and SIU-Edwardsville. I'm not exactly sure where I want to go, but I want to be close to home."

ALL-JOURNAL TEAM
First Team
Singles
Jessica Guggler, Edwardsville; Lauren Schmidt, Edwardsville; Lindsay Ivin, Belleville West; Stacey Evans, Belleville North.
Doubles
Lindsay Carter and Laura Barnhill, Edwardsville; Devin Fay and Rebecca Wendel, Belleville East; Lauren Carey and Chrissy Vreigt, Belleville West.
Second Team
Singles
Lissa Farquhar, Belleville West; Lindsay Bishop, Belleville East; Katie Guggler, Belleville North.
Doubles
Alison Coats and Kerry Sims, Belleville West; Liz Hess and Amber Raymer, Belleville East; Ken Keefe and Lisa Hekke, Belleville North.

Duo develops into leaders

Continued from Page B1

a number of games. So we potentially lose wins as well as leadership. Whoever fills that No. 1 doubles spot has big shoes to fill."

"My fondest memory is probably of freshman year, when we were just starting out," Isom said. "We would watch the seniors and I was thinking that we had to fill their shoes, and I think we did. We tried our best and that's the most important thing."

"I found a really good friend," Siebold said. "I know that she will always be there for me. I will always remember the matches and the coaches. I won't ever forget the experience. It's something that will always stay with me."

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Prep football

Name	Team	Pts	Name	Team	Pts
Travis Evans	Edwardsville	128	Terrence Westbrook	Cahokia	90
			Guillermo Davis	Belleville West	74
			Reid Jones	Columbia	74
			Matt Allana	Edwardsville	68

Malcolm Henderson	Cahokia	68
Jarrod Jones	Mascoutah	60
Nick Smock	Collinsville	60
Eric Stewart	Columbia	54
Orlando Gooden	Cahokia	52
Darius Smith	Mt. Carmel	50
Xavier Blackburn	Alton	48
Brante Grayson	Edwardsville	48
Joe Bevis	Edwardsville	48

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O'Fallon 48

Passing Leaders

Name	Team	Yards
Jason Smith, O'Fallon	O'Fallon	49-106
Drew Gerlock, Freeburg	Freeburg	53-113
Andrew Lauber, ME Luth	ME Luth	51-90
Darius Smith, Cahokia	Cahokia	39-80
Ryan Bennett, Belleville E	Belleville E	34-120
Mike McGhee, R'bud	R'bud	44-103
Matt Allana, Edwardsville	Edwardsville	28-47
Chris Davis, Belleville W	Belleville W	43-115
Pat Neville, Alton	Alton	41-94
Mark Cerna, Marquette	Marquette	23-62
Alan Thomas, Duplo	Duplo	28-80
Scott Harris, Columbia	Columbia	33-77
Chris Erickson, Waterloo	Waterloo	37-105
D. LeMaster, Collinsville	Collinsville	22-64
Dorian Spraggins, ESL	ESL	25-67
Mike Larson, Mascoutah	Mascoutah	23-65

Rushing Leaders

Name	Team	Yards
Travis Evans	Edwardsville	1386
Eric Stewart	Collinsville	1219
Raid Jones	Columbia	1123
Guillermo Davis	Belleville W	1003
Nick Smock	Triad	979
Terrence Westbrook	Cahokia	853
Joe Bevis	Edwardsville	815
Jarrod Jones	Mascoutah	802
Adam Leuchterfeld	Freeburg	773
Sean Dury	Duplo	740
Ryan Morrissey	Marquette	685
Omar Miller	O'Fallon	685
Josh Potts	R'bud	638
Malcolm Henderson	Cahokia	633
Don Sanford	Belleville East	617
Mike McGieley	R'bud	614
Orlando Gooden	Cahokia	607

Receiving Leaders

Name	Team	Yards
Ryan Kemper	ME Luth	838
Anthony McClellan	O'Fallon	526
Pat Smith	Freeburg	525
Blake Westra	Edwardsville	474
Terrence Hobson	Belleville East	366
William Fowler	Cahokia	257
Tim Vesco	Alton	257
Kevin Pringley	Red Bud	254
Todd Kelley	Columbia	250
Andy Goss	Duplo	227
Scott Harnack	Mascoutah	218
Jarrod Dachstener	Belleville West	203

Total Yardage Leaders

Name	Team	Yards
Travis Evans	Edwardsville	1420
Eric Stewart	Collinsville	1270
Raid Jones	Columbia	1186
Guillermo Davis	Belleville W	1012
Nick Smock	Triad	1008
Jarrod Jones	Mascoutah	895
Terrence Westbrook	Cahokia	844
Adam Leuchterfeld	Freeburg	816
Joe Bevis	Edwardsville	815

Interception Leaders

Name	Team	Ints
Blake Westra	Edwardsville	5
Scott Harnack	Freeburg	4
Todd Kelley	Columbia	3
Darius Smith	Belleville W	3
Chris Kuyich	Granite City	3

Fumble Recovery Leaders

Name	Team	Ft's
Mark Kloepper	Belleville East	5
Brad Hampton	Alton	3
Terrance Poe	East St. Louis	3

Soccer

Metro East Soccer

Scoring Leaders

Name	School	G	A	Pt
Steve French, Columbia	Columbia	32	13	7
Matt Kaestner, Gibault	Gibault	26	10	62
Rick Crothers, Mascoutah	Mascoutah	19	15	53
Justin Judasick, O'Fallon	O'Fallon	22	4	48
Dan Schubert, Lebanon	Lebanon	19	5	43
Jason Peppert, Marquette	Marquette	17	5	43
Mike Smith, Granite City	Granite City	14	14	42
N. Donnenstien, Lebanon	Lebanon	12	14	38
Ryan Coates, Belleville E	Belleville E	16	5	37
Mark Tampow, Alton	Alton	14	8	36
Bryan Bleisch, Mascoutah	Mascoutah	14	6	34
L. Krammeyer, Edwardsville	Edwardsville	15	2	32
Jason Kearns, Waterloo	Waterloo	14	4	32
Ryan Crawford, Gibault	Gibault	11	10	32

Goal Leaders

Name	School	Goals
Steve French, Columbia	Columbia	32
Matt Kaestner, Gibault	Gibault	26
Joe Helton, Triad	Triad	22
Rick Crothers, Mascoutah	Mascoutah	19
Dan Schubert, Lebanon	Lebanon	19
Jason Peppert, Alton Marquette	Alton Marquette	17
Ryan Coates, Belleville East	Belleville East	16
Justin Judasick, O'Fallon	O'Fallon	15
Mike Smith, Granite City	Granite City	14
Mark Tampow, Alton	Alton	14
Bryan Bleisch, Mascoutah	Mascoutah	14
Jason Kearns, Waterloo	Waterloo	14
Nick Donnenstien, Lebanon	Lebanon	12
Andy Chioate, O'Fallon	O'Fallon	12

Assist Leaders

Name	School	Assists
Rick Crothers, Mascoutah	Mascoutah	15
Justin Judasick, O'Fallon	O'Fallon	14
Mike Smith, Granite City	Granite City	14
Nick Donnenstien, Lebanon	Lebanon	13
Steve French, Columbia	Columbia	13
Jeff Gutton, Columbia	Columbia	13
Joe McClellan, Collinsville	Collinsville	12
Lee Zaretski, Collinsville	Collinsville	11
Matt Kaestner, Gibault	Gibault	10
Ryan Crawford, Gibault	Gibault	10
Jason Peppert, Alton Marquette	Alton Marquette	9
Chris Davis, Alton	Alton	9
Ryan Coates, Belleville East	Belleville East	9
Andy Chioate, O'Fallon	O'Fallon	9
Jeff Blenker, Gibault	Gibault	7

Game-Winning Goal Leaders

Name	School	GWG
Matt Kaestner, Gibault	Gibault	8
Jason Kearns, Waterloo	Waterloo	7
Luke Krammeyer, Edwardsville	Edwardsville	6
Steve French, Columbia	Columbia	6
Jason Peppert, Alton Marquette	Alton Marquette	6
Matt Ang, Edwardsville	Edwardsville	6
Joe Helton, Triad	Triad	5
Justin Judasick, O'Fallon	O'Fallon	5
Bryan Bleisch, Mascoutah	Mascoutah	4
Rick Crothers, Mascoutah	Mascoutah	4
Ryan Coates, Belleville East	Belleville East	4
Andy Chioate, O'Fallon	O'Fallon	4
Dan Schubert, Lebanon	Lebanon	3
Mike Smith, Granite City	Granite City	3
Mark Tampow, Alton	Alton	3
Adrian Gault, Alton	Alton	3
Kevin Nelson, Weston	Weston	3

Goals Against Avg. Leaders

Name	School	GA	Avg
Nathan Gibson, Edwardsville	Edwardsville	1746	1.1
Justin Roehr, Granite City	Granite City	1487	0.99
Kevin Connolly, Collinsville	Collinsville	1263	0.89
Steve Ellis, O'Fallon	O'Fallon	1640	0.98
Dallas Zimmer, Alton	Alton	1602	1.07
Jeff Haas, Mascoutah	Mascoutah	1111	1.13
Matt Nagle, Belleville West	Belleville West	1010	1.43
Ryan Gentsch, Waterloo	Waterloo	1020	1.57

Shutouts Played in Leaders

Name	School	Total
Nathan Gibson, Edwardsville	Edwardsville	10
Jeff Haas, Mascoutah	Mascoutah	11
Justin Roehr, Granite City	Granite City	10
Steve Ellis, O'Fallon	O'Fallon	10
Dallas Zimmer, Alton	Alton	9
Ryan Gentsch, Waterloo	Waterloo	7
Steve Webb, Waterloo	Waterloo	7
Kyle Donnenstien, Lebanon	Lebanon	6
Nick Mercer, Gibault	Gibault	6
Pat Houchurch, Belleville East	Belleville East	5
Darryl Beatty, Mascoutah	Mascoutah	5

Solo Shutout Leaders

Name	School	Solo
Nathan Gibson, Edwardsville	Edwardsville	11
Justin Roehr, Granite City	Granite City	9
Steve Ellis, O'Fallon	O'Fallon	9
Dallas Zimmer, Alton	Alton	7
Jeff Haas, Mascoutah	Mascoutah	7
Kyle Donnenstien, Lebanon	Lebanon	6
Pat Houchurch, Belleville East	Belleville East	5
Nick Mercer, Gibault	Gibault	5
Jeremy Evans, Triad	Triad	5
Gent Kane, Alton Marquette	Alton Marquette	3

Save Leaders

Name	School	Saves
Nick Mercer, Gibault	Gibault	217
Nathan Gibson, Edwardsville	Edwardsville	163
Pat Houchurch, Belleville East	Belleville East	140
Jeff Haas, Mascoutah	Mascoutah	139
Justin Roehr, Granite City	Granite City	112
Matt Nagle, Belleville West	Belleville West	105
Pat White, Belleville West	Belleville West	104
Ross Tennant, Weston	Weston	103
Steve Ellis, O'Fallon	O'Fallon	95
Jeremy Evans, Triad	Triad	93

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PANIC DISORDER

The Clinical Research Associates of Edwardsville need volunteers, ages 18 and over, who experience panic attacks, to participate in a research study comparing and investigation drug with placebo. If you have panic attacks and would like to be considered for a study please call us. Symptoms include:

• Shortness of breath, smother sensations • Dizziness, trembling, faintness • Choking, sweating • Palpitations, chest pain • Numbness, tingling, hot flashes • Fear of dying or going crazy

Suitable volunteers will receive a medical exam, lab tests and regular visits a psychiatrist free of charge. Call Mary (618) 659-0292, Monday-Thursday.

CLINICAL RESEARCH ASSOCIATES OF EDWARDSVILLE

Lynn A. Cunningham, M.D., Director
1121 University Drive
Edwardsville, IL 62025
618-659-0292

Sports

Briefs

**Terry James, 1999
NASCAR Winston Racing
Series champion at Tri-City
Speedway, went to Disney
World to celebrate his track
championship with 99 other
champions from the 1.4 mil-
lion dollar NASCAR Winston
Racing Series.**

James played in the Champions Golf Outing on Nov. 4 and was recognized guest at the champions reception later that evening at NASCAR Cafe in Orlando.

James won seven times in 19 outings to earn his Tri-City Speedway track title and fifth-place ranking in the Mid-America Region. He will receive more than \$8,000 in cash awards for his career's biggest achievement, which includes two previous Tri-City Speedway track championships.

"We are proud to offer this opportunity to the St. Louis area through NASCAR and their weekly short track program to position Tri-City Speedway with the most attractive season cash point fund to reward our participants," said owner Bob Wente.

Clinic set

An ASEP Coaches Clinic will be held in Granite City on Nov. 20 for anyone interested in becoming certified to coach middle- or high-school athletics.

The successful completion of the ASEP leader level program is required by the Illinois High School Associations for all non-faculty coaches.


To register or for more information about this or future clinics please call instructor Jeff Kyle at (217) 586-4799.

MVCHA schedule

DATE	TIME	RINK	HIE	AWAY	Nov 20	5:30	EA	Jersyville	Highland
Nov 6	5:15	CA	Collinsville	O'Fallon	Nov 20	6:00	FH	Mescoutah	Freeburg
Nov 7	5:15	CA	Channah	Bell, East	Nov 21	5:45	FH	Bell, East	Granite City
Nov 8	5:45	FM	Freeburg	Waterloo	Nov 21	6:45	EA	Freeburg	Triad
Nov 9	5:45	H	Bell, East	O'Fallon	Nov 21	7:15	FH	Columbia	Freeburg
Nov 10	7:00	EA	Alton	Marquette	Nov 21	8:15	EA	EAWR	Freeburg
Nov 10	8:15	GC	Granite City	Berthao	Nov 21	8:45	EA	Bell, West	Freeburg
Nov 11	8:30	EA	Freeburg	Southwestern	Nov 24	5:45	EA	Southwestern	Highland
Nov 13	4:30	FM	Collinsville	Belleview, West	Nov 24	7:15	EA	Berthao	Marquette
Nov 13	5:15	CA	Channah	Belleview, East	Nov 24	8:15	GC	Granite City	Freeburg
Nov 13	5:30	EA	Reginaud	Freeburg	Nov 24	8:45	GC	Collinsville	Channah
Nov 14	5:45	FM	Triad	Freeburg	Nov 27	5:15	CA	Freeburg	Waterloo
Nov 14	6:45	EA	Mascoutah	Columbia	Nov 27	5:30	EA	Marquette	Alton
Nov 14	6:45	EA	Alton	Alton	Nov 27	6:45	EA	Freeburg	Freeburg
Nov 14	7:15	EA	Waterloo	Triad	Nov 28	5:15	CA	Freeburg	Highland
Nov 14	8:15	EA	Jersyville	EAWR	Nov 28	6:45	EA	Jersyville	Roxana
Nov 16	6:45	FM	Columbia	Waterloo	Nov 28	7:15	FH	O'Fallon	Freeburg
Nov 17	7:00	EA	Marquette	Granite City	Nov 28	8:15	EA	Highland	EAWR
Nov 17	8:15	GC	Southwestern	Roxana					
Nov 18	7:30	EA	Belleview, West	Berthao					
Nov 20	4:30	FM	O'Fallon	Collinsville					
				Belleview, West					

(All times are p.m. unless otherwise noted; Rinks: FH = Fairview Heights, EA = East Alton; GC = Granite City, CA = Channah.)

(All times are p.m. unless otherwise noted. Rinks: FH - Fairview Heights; EA - East Alton; GC - Granite City; CA - Cahokia.)




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For more information call:
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5:00pm - 6:00pm
The fun begins in The Square Meal Food Court on the upper level. Kids will be entertained by a holiday puppet show; humorous clowns and marvelous jugglers.

6:00pm - 8:00pm
Children of all ages are invited to a very special story time in Center Court. KIX's afternoon radio personality, Dave Lewis will bring Christmas stories to life with his animated narration.

6:00pm
Santa will arrive in a bright, shiny mustang convertible at St. Clair Square's main entrance (on the upper level near Pass Pets) and then join a parade that will lead him to his spectacular new home in Center Court. Santa will have free holiday gifts for his little visitors. Receive \$2.00 off your Santa photo package* when you present 1 canned food item per family. *(*Excludes entry level photo package. Offer good 11/12/99 only)*

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<p>1998</p>  <p>MUSTANG 2 DR COUPE Silver, V6, Auto, Trans, 24,xxx Miles, Cast Wheels Orig. MSRP \$19,860 Riess Price \$13,488</p>	<p>Now, 19th & 20th See Dale Jarrett's #88 FORD NASCAR</p> <p style="text-align: center; color: red; font-weight: bold;">FREE HOT DOGS BEATS SODA & MORE FREE NASCAR MERCHANDISE</p>	<p>1998</p>  <p>F-150 X-CAB XL White, V8 (5.4 Eng.), Auto Trans, A/C, 10,xxx miles, Cass, Tilt & Cruise Control Orig. MSRP \$22,085 Riess Price \$18,988</p>	
<p>1994</p>  <p>MERCURY GRAND MARQUIS GS DL, Plum, V8, Auto, Trans, Loaded, 57,xxx Miles Orig. MSRP \$19,378 Riess Price \$8,988</p>	<p>1996</p>  <p>FORD RANGER REG CAB XLT White, 4 Cyl, 5 Spd, A/C, Cast Wheels, 23,xxx Miles Orig. MSRP \$14,721 Riess Price \$8,988</p>	<p>1998</p>  <p>SUZUKI X-90 Leather, PW, PL, Rear Spoiler, Alum. Wheels, Plo's T-Top, 5 Spd, CD, 16,xxx miles R18462 Riess Price \$7,988</p>	
 <p>Ed Martin</p>	 <p>Jason Kuhn</p>	 <p>Bill Range</p>	
 <p>Rob Welch</p>	 <p>Al Loke</p>	 <p>Seth Siliger</p>	
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News

BAC honors volunteers for years of service

More than 1,000 volunteers were honored for their contributions to their communities during Belleville area College's Programs and Services for Older Persons annual Retired and Senior Volunteer Program Luncheon, held recently at Fischer's Restaurant in Belleville.



Recognized for 10 years of service were: (back row, left to right) Irma Manning of Granite City, Artha Wylie of Marissa and Doris Lyke of Belleville; (front row) Mabel Schickendanz of Marissa, Louise Voegtli of Belleville, Margaret Quade of Swansea and Josephine Stengel of Collinsville. They each received a 10-year service pin.



Also receiving pins for 10 years of service were: (back row, left to right) Zennie Herring of Collinsville, Emerson "Jake" Hough of Belleville, Sylvia Hennessy of Cahokia, Angelita Dunn of Fairview Heights and Margaret Faltus and Grace Keim, both of Belleville; (front row) Delores Klingelhoefer and Josephine Bartelsbort, both of Belleville, Mathilda Andrzejewski of Fairview Heights, Elizabeth Ahlers of Freeburg, Mildred Gorman of Marissa and Anita Bleser of Collinsville.

BAC photos by Kelly Turner



Recognized for five years of service were: (back row, left to right) Olga Simurda of Granite City, Richard Wagner and Nina Schott, both of Belleville, and Merdene Wilson of New Athens; (front row) Lorraine Schlich of Belleville and Lysle Louise Steele of Marissa. They each received a five-year service pin.



Also receiving five-year pins for service were: (back row, left to right) Gladys Smith of Highland, Gilbert Karika of Belleville, J. Everett Rody of Marissa, Edmund Reissen of Belleville, and Anna Pawlow of Fairview Heights; (front row) Loretta McFarling and Mary Kay Marz, both of Belleville, Lorraine Menard of New Athens, Mary Mize of Granite City and Darlene Noe of Cahokia.

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Charity auction scheduled

David Schumacher of 550 KTRS-AM radio will serve as the celebrity auctioneer and Madison County Clerk Mark Von Nida will be emcee for the 11th annual Share the Vision Banquet and Auction. The annual event, a fund raiser for Protestant Welfare Association's Community Care Center, will be at 6 p.m. Nov. 13 at Amvets Post 204, 1711 Kennedy Drive, Madison. Tickets are \$12.50 per person, or a table of eight for \$100. Schumacher, KTRS farm director, is a native of Belleville. Among items to be auctioned will be a 1966 Chevrolet Impala four-door. Tickets are available at the agency or at the door. For information, call 876-8770.

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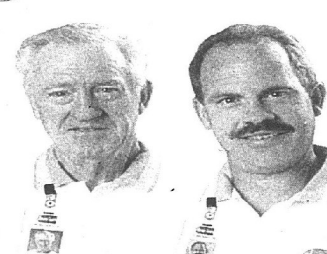
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Today's Food

www.yourjournal.com



Wise Ways
Stow away
holiday foods early
See Page 2



Kitchen Magic

Fish flies as favorite

By Janice Denham
Staff writer

Things change magically in the kitchen. Rice expands, clear water and white flour thicken and browns, leafy greens wilt and lose their juices.

These are the wonders that brought Rick Moonen, chef of New York's Oceana restaurant and lover of seafood, to his career.

"My mother kept me in the kitchen because I was so hyperactive as a child. She kept me busy doing things. I'd see things happen in front of me," he says.

For best results with seafood, he advises keeping preparation simple and not cooking it too long.

"There are tons of salmon farms. Most of it is farm-raised Atlantic salmon, which is a species, not a place," Moonen says.

In keeping with the return of indoor cooking, he likes to saute, then finish cooking salmon in a hot oven.

Just brush a little butter and salt and pepper on the skin. In a hot skillet, cook it skin-side down until the crust starts to caramelize. Quickly move it into a preheated 450 degree oven to cook 4 to 5 minutes. The skin stays crisp and the top of the fish finishes cooking.

In New England-Style Corn and Clam Chowder, he lets the saltiness of clams carry the seafood flavor.

"Things like clams, mussels and oysters get around pretty well these days. They are not that difficult to keep or cook," he says.

He advises other seafood lovers to scrub clams and mussels with a firm brush. After rinsing in cold water, drain them in a strainer to help remove sand and grit. They hold as long as four to five days in a refrigerator and should be cooked, covered, in a large pot with a little liquid over high flame.

"As soon as they start to open, take them off the heat," he says.

To avoid toughening them by overcooking, add them already steamed at the end of cooking chowder. He uses vermouth in the dish partially because it is a "keeper" which can replace wine in like amounts.

"It lasts a long time," he says. "You can use it years later, unlike wine which turns into vinegar."

Of course, there are plenty of fish in the sea and other waters. More recipes like Ranchero Catfish (photo at right) are available on web site

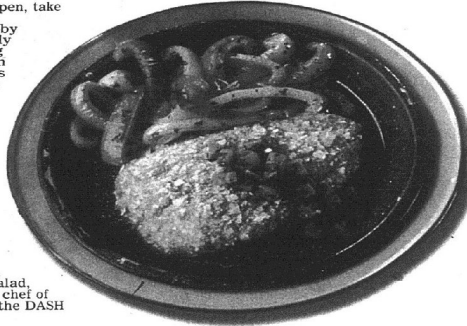
www.catfishinstitute.com (e-mail a request on "Freebies") or write to: Catfish Institute, Box 1030, Belzoni, Miss. 39008.

Baked Almond Sole, above, served with warm wild rice salad, was created by Brad Alberts, chef of Cafe Pacific in Dallas. It fits the DASH

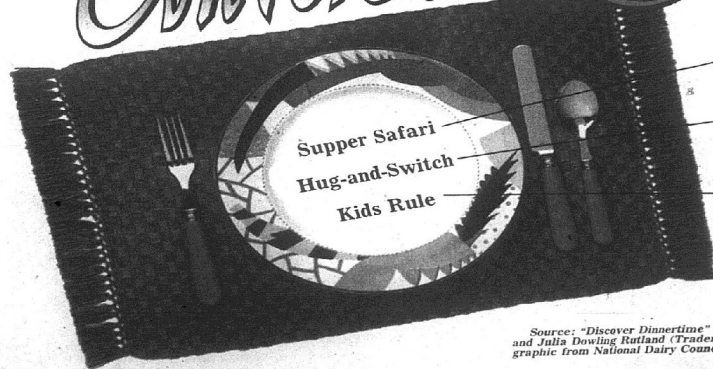
eating plan, which has been shown to provide disease-fighting benefits.

A sample seven-day DASH menu, plus more

See MAGIC, Inside TODAY'S FOOD Page 2



Conversation Starters



Theme dinners encourage kids to come happily to the family dinner table.

Supper Safari

Hunt down the answers. If you could be any animal, what would you choose? What animal looks the funniest?

Hug-and-Switch

Before sitting down to eat, everyone hugs everyone at the table. Then, swap seats. Hint: Watch people assume the identity of the person who usually is seated there.

Kids Rule

Each family member gets a night of the week to select a centerpiece, which can be flowers or a favorite toy or other possession. That person also picks background music (parents control volume).

Kids' Cuisine

Source: "Discover Dinnertime" by Susan Dosier and Julia Dowling Rutland (Tradition House, \$15.95); graphic from National Dairy Council.

Food & Nutrition

Heart-y Bites

Path to replacing sugar with low-calorie sweeteners leads down many roads.

INSIDE

Blue Ribbon Cook

Cut-out spice cookies win over taste buds set to register sweet and light tones.

INSIDE

Private Label Test Run

New packaging lets products sit on counter and be noticed at baking time.

INSIDE

Micro Raves

The South gets extra credit for its crush on ways to eat sweet potatoes.

INSIDE

Lively Taste

Quick and sassy is the result of cooking salmon with a honey-mustard glaze in a microwave oven. Mix together 1 tablespoon Dijon mustard, 2 teaspoons honey and a pinch of thyme. Drizzle the glaze evenly over 12 to 16 ounces salmon steaks, thawed. Microwave on high power 3 to 4 minutes. Let stand 2 minutes before serving.

Health & Fitness

Medicine Chest

That's right. Warm tootsies may make it easier to fall asleep when cold winds howl.

INSIDE

Fresh Picks

Rice pilaf takes an Oriental turn with vegetables and ginger. In a 10-inch skillet, bring 2-1/2 cups chicken broth, 1 cup uncooked rice, 2 to 3 tablespoons soy sauce, 1/8 to 1/4 teaspoon ground ginger and, if desired, 1/2 teaspoon salt to boil. Reduce heat. Cover tightly. Simmer 20 minutes. Remove from heat. Stir in 3 cups coarsely shredded cabbage (can be slaw mix), 1/2 cup sliced green onion with tops and 1/2 cup thinly sliced carrot. Let stand, covered, about 5 minutes until liquid is absorbed. Makes about 8 servings.

Big Fat Tip

Indian pudding evolved from the original molasses-sweetened cornmeal mush of settlers who labeled anything with corn "Indian," says Melanie Barnard in "Short & Sweet" (Houghton Mifflin, \$25). Her recipe for the pudding is among the simplest. In a medium saucepan, whisk together 1/2 cup yellow cornmeal and 1/4 teaspoon salt. Slowly whisk in 2-1/2 cups whole milk until smooth. Whisk in 1/3 cup molasses and 1 teaspoon pumpkin pie spice. Stirring most of the time, bring to boil over medium heat. Reduce heat to medium-low. Simmer gently, stirring often, 8 to 11 minutes until very thick and creamy. Serve warm pudding in 6 bowls. If desired, top with a dollop of fat-free whipped topping. Each serving has about 6 grams fat.

Future Shop

Shelves at the supermarket hold basic items like flour, milk and beans, but they also line up convenient and nutritious food that a fast-paced consumer hopes will almost prepare itself. The first line of defense for a quick meal is to take home food ready to be eaten or reheated. These items range from lasagna and ravioli to green and gelatin salad and garlic bread. Prewashed and cut-up produce is ready to be tossed or stir-fried with dressings and sauces. Recipes for using seafood and meat are on the meat and fish counters. Sometimes food products are grouped together, such as tortilla shells, refried beans, salsa, chopped lettuce, cheese plus Spanish rice mixes for a quick Tex-Mex dinner.

Today's Food

Freeze favorite holiday foods

By Carol Schlitt
Correspondent

With Thanksgiving just two weeks away, now is the time to get ahead of the schedule by preparing and freezing favorite holiday foods.

My home is the place where relatives gather for the traditional feast. Since they live hours away, food preparation falls squarely on my shoulders.

By freezing some dishes now, I free up precious time on Thanksgiving Day to enjoy my guests.

The turkey gets top billing on Thanksgiving, but many early-bird specialties can be frozen successfully. These include pies, breads, dressed, soups and even mashed potatoes.

Fruit, pumpkin, mince-meat and nut pies — baked or unbaked — freeze successfully. Unbaked fruit pies thicken better with an extra tablespoon of flour or tapioca and ½ tablespoon cornstarch added to the filling. This helps prevent the pie from boiling over as it

bakes.

Fresh fruit pies baked after, rather than before, freezing hold more fresh fruit, but the bottom crust tends to get soggy. To help prevent this, cool a cooked fruit filling before adding it to the unbaked crust. On Thanksgiving Day, bake the frozen pie without thawing in a preheated 450-degree oven 15 to 20 minutes, then reduce the oven temperature to 375 degrees and continue baking 20 to 30 minutes longer until the top crust is brown.

Pumpkin pie is especially easy to make ahead. Simply prepare the pie shell and filling as usual and refrigerate them separately until they are cold. Fill the unbaked pie shell, package and freeze the pie.

Thanksgiving taste buds will perk up at the mention of the pumpkin specialty. When they do, bake the frozen pie without thawing at 400 degrees for 10 minutes, then reduce the temperature to 325 degrees and bake it at least 40 minutes, probably longer, being certain a toothpick inserted in the middle comes out clean to show it is done.

Yeast breads freeze well, too. Rolls can be baked and packaged so as many or as few as needed can be removed, wrapped in aluminum foil and baked in a 400-degree oven 20 minutes.

When deciding what to make for the freezer, consider these precautions:

- Meringue pie toughens and tends to stick to the wrapping when defrosted.
- Thawed gravy separates and curdles. Instead, freeze broth to make gravy just before serving.
- Cooked, creamed vegetables lose flavor rapidly, so store them in the freezer only a few days.
- Milk sauce curdles and separates. Stir it while reheating to help keep it smooth. Using waxy rice flour or waxy corn flour as the thickener also helps.

Here's a wonderful apple pie that freezes beautifully. Add the glaze on Thanksgiving Day for an inviting touch.

Certified family and consumer scientist Carol Schlitt is an educator of nutrition and wellness with University of Illinois Extension at the Edwardsville Extension Center.

GLAZED APPLE PIE

6 cups sliced apples
1/2 cup raisins
3/4 cup sugar
2 tbsp. flour
1/2 tsp. cinnamon
1/8 tsp. salt
2 tbsp. orange juice
2 tbsp. butter or margarine
Unbaked pastry for double-crust pie
Glaze of 3 tbsp. orange juice, 1 cup confectioner's sugar and 1 tsp. grated orange peel

Combine apples, raisins, sugar, flour, cinnamon, salt and orange juice. Place in prepared unbaked pie shell. Dot with butter or margarine. Cover with top crust. Package and freeze up to 4 months.

To bake: Cut vent hole in top crust. Put pie on cookie sheet. Bake in preheated 450-degree oven 15 to 20 minutes. Reduce temperature to 375 degrees and bake 20 to 30 minutes longer until top crust is brown. Top warm pie with glaze.



Help with holiday baking is as simple as convenient new packaging.

Better not pout!
Watch out for
baking clout.

Sugar and spice and everything nice goes into holiday baking. If only elves were available to help measure, mix and make those wonderful specialties!

Gold Medal flour and C&H brown and granulated sugars come in new packaging that does not deal in the ABCs of abracadabra, but they do make the task of preparing ingredients easier, according to a tester.

The person testing cookie recipes for the Journal's Blue Ribbon Cook prizes gave the products a try. "I wish somebody had packaged flour and sugar like this long ago," she said. "It certainly seems simple enough. The ingredients hold up well in the packages, too."

Her only criticism was that the packages made it so easy to use that she might give up her usual canisters for the basic ingredients.

The bag of Gold Medal flour looks like a brick, then it relaxes when it is open. The zip top opens wide enough to use a scoop in it. The bag feels nice and heavy and the weight of the flour keeps it sitting firmly on the counter. It re-zips firmly, too," the tester said. "This is a test market for the flour, while the sugar products have been available longer."

The granulated sugar's package is a wax carton like that holding milk or juice.

"The spout makes it extremely easy to pour into a cup for measuring and it closes tightly to avoid spills in the pantry. I think it would be a handy way to fill canisters and bowls, but you wouldn't be able to dip into it for a spoonful for a mug of tea," she said.

Brown sugar is a favorite ingredient of hers. "I love the flavor of brown sugar, particularly this time of year with apples and cinnamon."

Keeping it in a wax bag glued into a cardboard box makes no sense to me. I was impressed when this product came on the market and am willing to pay slightly more to buy it," she said.

The bag, containing 2 pounds of brown sugar, also has a zip closure.

"Not only is the bag easier to use, but you can see how much is in it, too," she added.

She advised squeezing excess air out of the bag to firm up the ingredients for storage. "So far, it seems the new packages translate into an increase of about 10 cents each. Ordinarily, I'm a real cheapskate when it comes to ingredients, but these are worth the moderate cost, particularly when you are using larger amounts, like in cookies," she said.

Sugar replacements bake sweet nothings

By Kathleen Obert
Correspondent

Since the beginning of time, mankind has hunted foods that taste good. Early sources were honey and fruits. Table sugar, refined about 600 years ago, was considered "the" sweetener to use until recently.

The first low-calorie sweetener was saccharin. Its use ranged during both world wars. People with diabetes found it helpful in limiting their sugar intake.

Currently, the U.S. Food and Drug Administration approves four low-calorie sweeteners — aspartame, saccharin, acesulfame potassium and sucralose. In addition, polyols (sugar alcohols) — like isomalt, mannitol, sorbitol and xylitol — are approved for use in reduced-calorie products because they have caloric values lower than sugar but higher than low-calorie sweeteners.

These substances usually are found in foods labeled "diet," "light" or "sugar-free." Combining sweeteners uses their best assets. Consequently, the taste of

sugar-free foods has improved dramatically in the last five years.

Lower-calorie sweeteners — popular in soft drinks, fruited yogurts, gelatin, pudding, syrup, gum, flavored coffee and frozen desserts — reduce carbohydrates and calories.

A can of diet soda saves about 150 calories and 38 grams carbohydrate over regular, dropping both to almost zero. Sugar-free vanilla syrup cuts about half the calories and carbohydrates from regular varieties.

Many people use low-calorie products for better health. They can consume fewer calories and still enjoy the sweet taste of desserts and beverages.

Used as replacements for full-throated sweeteners, lower-calorie varieties can benefit people looking to lose weight, control blood sugar for diabetes and prevent dental cavities.

Date Cake Squares utilizes aspartame, available as Equal, NutraSweet and NutraTaste. Aspartame loses sweetness with prolonged exposure to high temperatures so it should be added to ingredients at lower temperatures or the end of cooking or baking. Because the baking properties of low-calorie

sweeteners and sugar differ, it is best to use recipes modified for the sweetener.

A piece of this cake made with aspartame contains 15 percent fewer calories than the sugar-filled product. Its calories are conservative, so 34 percent of them come from

DATE CAKE SQUARES

1 cup chopped dates
3/4 cup chopped pitted prunes
1/2 cup golden raisins
1-1/4 cups water
1/2 cup margarine, cut in pieces
2 eggs
1 tsp. vanilla
1 cup flour
5-1/2 tsp. Equal for recipes or 18 packets aspartame sweetener
1 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/3 cup chopped pecans
Sprinkle of confectioner's sugar

Note: Choose stick or tub margarine that lists liquid oil as first ingredient. Preheat oven to 350 degrees. Coat 9-inch square

baking pan with nonstick cooking spray.

Combine dates, prunes, raisins and water in medium saucepan. Heat to boiling. Reduce heat. Simmer about 10 minutes until fruit is tender and water is absorbed.

Remove from heat. Add margarine, stirring until melted. Cool.

Mix eggs and vanilla into fruit mixture. Combine flour, sweetener, baking soda, cinnamon and nutmeg. Mix into egg mixture.

Spread batter evenly in prepared baking pan. Sprinkle with pecans. Bake in preheated oven 30 to 35 minutes until cake springs back when touched lightly.

Cool on wire rack. Sprinkle lightly with confectioner's sugar.

Makes 20 pieces; 137 calories, 3 g protein, 18 g carbohydrate, 6 g fat (1 g saturated), 21 mg cholesterol and 131 mg sodium each.

Magic

Continued from page 1

recipes by chefs and information on DASH, is available on the web site www.almondsarein.com.

RANCHERO CATFISH

4 catfish fillets
1 cup finely crushed tortilla chips
1/2 tsp. chili powder
3 tbsp. lime juice
1 tsp. oil
1 cup salsa, warmed
Chopped fresh cilantro and lightly sautéed bell pepper for garnish, if desired

Preheat oven to 450 degrees. Lightly grease baking sheet.

Cut each catfish in half. Rinse in cold water. Pat dry, using paper towels.

In shallow dish or on piece of waxed paper, mix crushed chips and chili powder. Mix lime juice and oil in second shallow dish.

Dip catfish in lime mixture, then immediately dredge in seasoned tortilla crumbs to coat.

Place fish on prepared baking sheet. Sprinkle with any remaining tortilla crumbs. Bake in preheated oven 8 to 10 minutes until crisp and golden and fish flakes easily when tested with fork.

Arrange catfish on serving plate and spoon warm salsa across center. Sprinkle with fresh cilantro and pepper. Makes 4 servings.

BAKED ALMOND SOLE

3/4 cup uncooked wild rice
1-1/2 cups water
1/2 cup sliced almonds
1/2 cup bran flakes
1/2 cup flour
1/2 tsp. light salt
1/2 tsp. pepper
4 (3 oz. each) fillets of sole
2 egg whites, lightly beaten
1 tbsp. rice vinegar
1 tsp. olive oil
4 cups lightly packed spinach leaves
2 red delicious apples, cored, sliced in thin wedges
1 carrot, shredded

Preheat oven to 350 degrees. Coat baking sheet with nonstick cooking spray.

In medium saucepan, bring rice and water to boil. Reduce heat to low. Simmer, covered, about 40 minutes until rice is tender and water is absorbed.

In resealable plastic bag, crush almonds and bran into coarse crumbs. In shallow bowl, mix flour, 1/4 teaspoon salt and 1/4 teaspoon pepper.

Evenly coat each fillet with flour mixture, then dip into egg and finally into almond mixture.

Lay fish on prepared baking sheet. Bake in preheated oven 10 to 12 minutes until cooked through.

In bowl, whisk vinegar, oil and remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.

In nonstick skillet over medium heat, using half the ingredients at a time, cook spinach, apple, carrot and rice with 1 tablespoon vinaigrette until spinach is slightly wilted and salad is warm.

Serve sole alongside salad. Makes 4 servings; 402 calories, 28 g protein, 41 g carbohydrate, 12 g fat, 41 mg cholesterol, 326 mg sodium and 7 g dietary fiber each.

NEW ENGLAND-STYLE
CORN AND CLAM
CHOWDER

4 dozen top neck clams (medium-large)
1 cup water
6 ears corn
1 qt. chicken stock
4 oz. bacon, cut in thin strips
4 oz. (1 stick) butter
2 medium onions, peeled, finely diced
4 ribs celery, finely diced
1 large carrot, peeled, finely diced
Flavoring bag: 1 head garlic, 1/2 bunch thyme, 1/2 bunch parsley stems, 12 white peppercorns, 3 bay leaves
Kosher salt and fresh pepper
3 leeks, cleaned, finely diced
1 cup flour
2 to 3 cups dry white vermouth (Martini & Rossi recommended)
3 cups heavy cream
6 red potatoes (medium), cut julienne
Juice of 1 lemon
Chopped fresh chives for garnish

Chopped fresh dill for garnish.

Scrub clams thoroughly under cold running water. Place in large pot. Add water. Steam, covered, 20 minutes just until clams open. Drain, reserving liquid. Open clams and cut in chunks.

Cut corn from cobs. In saucepan, cover cobs with stock and bring to simmer. Simmer 20 minutes. Cool.

Place medium saucepan over medium heat. Cook bacon until fat is rendered out. Add butter. Heat until melted.

In same pot, heat onion, celery, carrot and bag of herbs slowly about 5 minutes until vegetables are tender. Season with salt and pepper. Add leeks. Cook 1 minute longer until tender.

Toss flour with vegetables to coat them. Cook and stir over medium heat 1 minute. Remove from heat. Stir in vermouth until smooth. Cook 1 minute.

Carefully add clam juice, avoiding adding any sand that may have settled in bottom. Remove corn cobs from chicken stock to pot. Bring to simmer. Cook 5 minutes. Remove herbs.

In separate large pot, bring potato, corn and cream to boil. Cook 1 minute. Add vegetable mixture. Bring to boil. Add clam meat. Heat through. Adjust flavor with salt, pepper and lemon juice.

Garnish with chives and dill. Makes 12 main-course servings.

Today's Food

Granite City Journal • Wednesday, November 10, 1999 • Page C3

PACIFIC PABELLA

4 boneless, skinless chicken breast

halves
1 tsp. paprika
1 tsp. salt
1/4 tsp. pepper
8 oz. mild Italian

sausage
1 can (14-1/2 oz.) tomatoes, drained, coarsely chopped
2 cans (13-3/4 oz.)

each) chicken broth
1/2 tsp. turmeric
1/4 tsp. saffron, if desired
2 cups uncooked rice
1 large onion, cut in wedges
2 cloves garlic, minced

1 lb. medium shrimp, peeled, deveined, cooked
1 green bell pepper, cut in thin strips
10 mussels, cleaned, steamed (optional)

Cut chicken in 1/2-inch strips. In small bowl, combine paprika, salt and pepper. Add chicken. Stir until all seasoning is worked into meat.

Remove casing from sausage and cut in 1/4-inch. In large skillet, add enough water to chicken broth to make 3-3/4 cups. Bring to boil. Stir in turmeric, saffron, rice, onion, garlic, chicken, sausage and tomato. Cover tightly. Simmer 20 minutes. Remove from heat. Stir in shrimp and green pepper. Top with mussels. Let stand, covered about 5 minutes until all liquid is absorbed.

Makes 10 servings; 345 calories, 30 g protein, 9 g fat, 35 g carbohydrate and 772 mg sodium when prepared with salt and saffron and without mussels.

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Today's Food

PUMPKIN CARAMEL CUSTARD

1/2 cup canned (or cooked and pureed) pumpkin
1-1/2 cups sugar
1/2 cup water
2 cups low-fat milk
4 eggs, lightly beaten
2 tsp. vanilla
1-1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. ground ginger

In heavy saucepan, combine 1 cup sugar and water. Cook over medium heat until sugar dissolves. Continue to cook mixture without stirring, gently swirling pan, until it is deep caramel color. Working quickly, divide caramel among dessert cups. Let cool.

Preheat oven to 350 degrees.

In saucepan, bring milk to simmer and immediately remove from heat.

In bowl, combine pumpkin, remaining 1/2 cup sugar, eggs, vanilla, cinnamon, nutmeg and ginger.

Whisk milk into pumpkin mixture and portion into dessert cups. Place cups in baking dish. Cover individually with aluminum foil. Pour hot water into dish so water is halfway up cups.

Bake in preheated oven 45 to 50 minutes. Remove cups from baking dish and cool on rack.

Run knife around sides and invert onto plates.

Makes 6 servings; 300 calories, 57 g carbohydrate, 7

g protein, 4 g fat, 131 mg cholesterol, 145 mg sodium and 1 g dietary fiber each.

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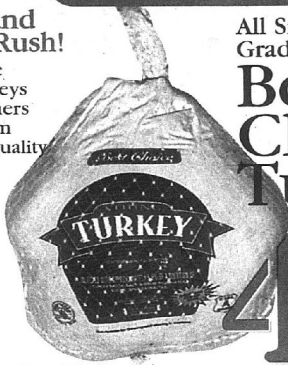
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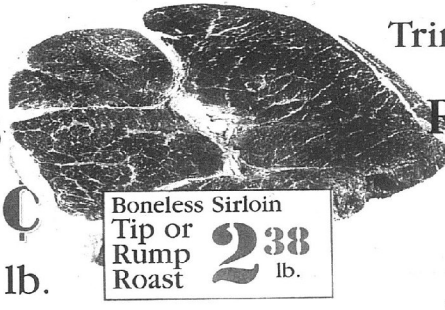
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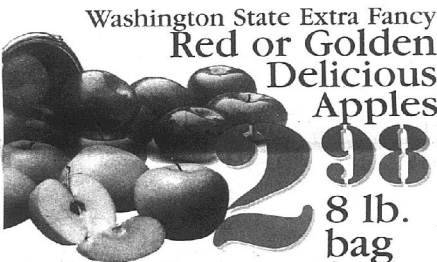


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Today's Food

Color and flavor mark autumn's potato

By Betty Serati
Correspondent

Sweet potato, yam, Tuckahoe, Indian potato - whatever name it goes by, it tastes great and is a favorite vegetable of autumn.

MICRO RAVES

The sweet potato is rich in vitamin A and a good source of vitamin C. A high-energy food, it can be prepared like just about any other type of potato. As a natural companion to apples, pork and turkey, it fits well on many fall menus.

There are two basic types of sweet potato. The northern variety with a pale-orange flesh seems mealy and dry. The deep-orange flesh of the southern variety is moist and soft. The various types of sweet potatoes can be used interchangeably in recipes. Sweet potatoes often seem aligned with the South, where they are used as a main ingredient in recipes ranging from breakfast items to

desserts, like sweet potato pie.

Uncooked sweet potatoes do not keep as well as their white cousins. A good rule is to purchase a quantity to be used in a few days.

Store them in a cool, dry, well-ventilated spot - not in the refrigerator. Temperatures below 55 degrees can cause the core to harden and develop an undesirable taste.

Candied sweet potatoes grace many tables for Thanksgiving dinner. Cooking them in a microwave oven before peeling saves time and allows the natural sugars just under the skin to caramelize for delicious flavor.

Pierce the skin of 4 potatoes to let the steam escape, then cook them on high power about 12 minutes until tender. When they are cool enough to handle, peel and slice the sweet potatoes. Place half the slices in a microwave-safe casserole dish, top with 1/4 cup packed brown sugar and 1/2 cup mini marshmallows, and dot with

a tablespoon of butter. Top with the remaining slices of sweet potatoes and repeat the other layers. Microwave, covered, on high power about 5 minutes until marshmallows are melted.

Here is another way to prepare these delicious spuds, taking advantage of the sweet potato's affinity for fruit. It is an easy dish for the Thanksgiving table.

Betty Serati specializes in microwave cooking.

TWICE-BAKED APPLE SPUDS

- 4 medium sweet potatoes
- 2 tbsp. butter or margarine
- 1 tsp. grated orange rind
- 1/4 cup packed brown sugar
- 1/4 cup sour cream
- 2 tbsp. orange juice

- 1 cup peeled, finely chopped apple
- 1 tsp. cinnamon

Wash sweet potatoes. On paper-towel lined plate, microwave potatoes on high power 12 to 14 minutes until tender. Cut each potato lengthwise in half and care-

fully scoop out pulp, leaving 1/4-inch shell.

In medium bowl, combine potato pulp, butter, orange rind, brown sugar, sour cream, and orange juice. Mash well. Stir in chopped apple. Mix well.

Stuff shells with sweet potato mixture. Sprinkle with cinnamon.

Bake in microwave oven on high power 2 to 3 minutes until hot.

Makes 4 servings.

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Today's Food

Wear socks, gloves to bed for cozy night's sleep

By Rebecca Coley
Correspondent

This column was printed
incorrectly
Oct. 27.
It is

reprinted in its entirety. The editor regrets the confusion. Scientists from Switzerland believe the loss of heat from hands and feet, coupled with other chemical events in the body, hinders

people from falling asleep. Sleep must occur at the right time of day in line with other chemical signals. Researchers recognize melatonin as an important part of the sleep cycle, but the

release of body heat also seems to be a key piece of the puzzle.

These observations were published recently in the journal Nature.

For some reason, warmth is one key to putting the body in a restful state. It is suggested that cold hands or cold feet delays the onset of sleep because heat is escaping from the body. Results suggest blood vessel dilation in hands and feet in late evening, resulting in heat loss, could be the cause.

While this was not a scientific study, the data was analyzed from sleep studies with 16 healthy young men.

A person who must be warm, snug and cozy before falling asleep already may give credence to the theory. With winter months coming on, some people tend to suffer cold hands and feet at bedtime.

So what is the solution? Don socks on your feet and mittens on your hands on the way to bed. If socks and mittens sound unbearable, a hot water bottle is a good alternative.

Nothing ventured, nothing gained. Stay warm and see if sleep comes faster.

Rebecca Coley is a registered dietitian in the state of Missouri.

TORTILLA SOUP

- 2 or 3 corn tortillas, cut in 2-by-1/2-inch strips
- 4 tsp. oil
- 1/3 cup chopped onion
- 1 can (4 oz.) chopped green chiles
- 4 cups chicken broth
- 1 cup shredded cooked chicken
- 1 can (10 oz.) chopped tomatoes and green chiles
- 1 tbsp. lime juice
- 4 large slice lime

Fry tortillas in 2 teaspoons oil until brown and crisp. Drain on paper towels.

Heat 2 teaspoons oil in large saucepan. Sauté onion until translucent. Add green chiles, broth, chicken and tomatoes and green chiles. Simmer, covered, 20 minutes. Stir in lime juice.

To serve, pour into soup bowls. Top with tortillas. Float slice of lime in center of each bowl.

Makes 4 servings.

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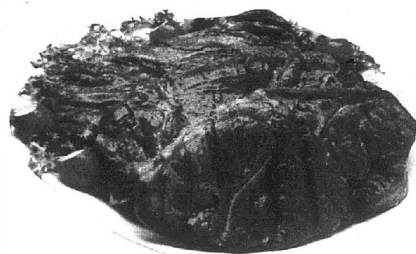


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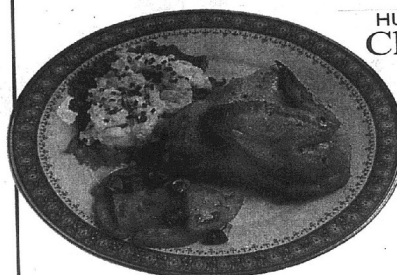
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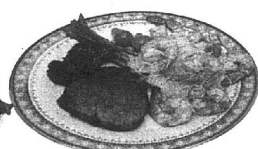
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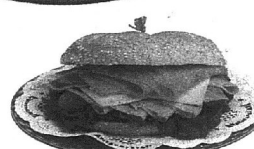
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Ohse Sliced Bacon	169
ASSORTED VARIETIES WAFER THIN Budding Sliced Meats	2/99¢
ALL MEAT Hunter Hot Dogs	85¢
SEAFOOD SHOPPE FLASH FROZEN Catfish Nuggets	179

ASSORTED VARIETIES Banquet Family Entrees	3/\$5
SLICED BOLOGNA OR Hunter Cooked Salami	129
ALL VARIETIES Brown 'n Serve Sausage	4/\$5
SEAFOOD SHOPPE FLASH FROZEN Grouper Fillets	399

DELI SHOPPE TOP ROUND-KLEMENT'S Garlic Pepper Roast Beef	499
DELI SHOPPE ITALIAN OR BROWNED Butterball Turkey Breast	499
BAKERY SHOPPE FRESH BAKED Italian or Rye Bread	99¢
BAKERY SHOPPE FRESH BAKED Apple Pie	2/\$5

MICHIGAN, JONATHAN OR Red Delicious Apples	198
PEELED Shortcut Baby Carrots	288
CRISP California Celery	68¢
ROASTED OR SALTED Gary's Peanuts	198



6 PK / 5 LTR.
Coca-Cola Classic,
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ASSORTED FLAVORS
Prairie Farms Ice Cream

3/695
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ORIGINAL
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12 PACK CAN Coca-Cola Classic, Diet Coke or Sprite	2/588
ASSORTED VARIETIES Jack's Naturally Rising Pizza	3/995
PRAIRIE FARMS PREMIUM Old Recipe Ice Cream	3/395
ASSORTED VARIETIES - PARTY PIZZA STUFFED NACHOS OR Totino's Pizza Rolls	5/499

SALTED OR UNSALTED Land O Lakes Butter	2/495
ASSORTED VARIETIES Red Baron Bake To Rise Pizza	3/995
ASSORTED VARIETIES Dean's Dips	139
ASSORTED VARIETIES Tropicana Pure Premium Orange Juice	399

SELECTED VARIETIES-CANNED Freshlike Vegetables	5/\$2
CONVENIENT PACK Lance Captain's Wafers	99¢
Shop 'n Save Apple Juice	99¢
CRUSHED OR SLICED Shop 'n Save Pineapple	79¢

ASSORTED VARIETIES Shop 'n Save Bagels	4/\$3
Parkay Margarine	99¢
Shop 'n Save Shortening	159
Shop 'n Save Economy Foil	2/\$3

Corbett Canyon White Zinfandel	2/\$5
SILVER OR AMBER Bacardi Rum	1549
ORIGINAL OR NATURAL REFLECTIONS Style Shampoo or Conditioner	2/\$1
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